



## **H-PLUS Function Exercise: BUY THE NUMBERS (P)**

### **Function Command: PLUS-CALCULATE**

#### **Purpose:**

This is your H-PLUS Function exercise to learn to improve your ability to calculate, remember and work with numbers.

#### **Application:**

To open up new areas of mathematical ability, including all forms of processing. Also, to understand and define higher and abstract concepts better and to develop new insights in such areas. Use as needed.

#### **Instructions For Use:**

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

## Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

## Suggestions For Use:

- Reinforce the effects of **BUY THE NUMBERS (P)** with the H-PLUS Functions **RELAX, ATTENTION, IMPRINT, RECALL** and **THINK FAST (P)**.  
**Examples** – If you're a student preparing for a mathematics examination, use **BUY THE NUMBERS (P)** at test time with your choice of the suggested Function exercises. Research scientists or theoretical mathematicians may find that insight and creativity are enhanced. If you've always felt mathematically inadequate, try **RELAX** and do **PLUS-CALCULATE**.

## Please Note:

- You may experience increased ease with basic mathematical procedures.
- Your ability to remember sets of numbers (such as telephone numbers) may increase.
- You may perceive more rapidly and accurately the meaning and implication of all equations, numbers and symbols.
- This is a permanently installed Function. Use the Function command to enhance its effect.

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